

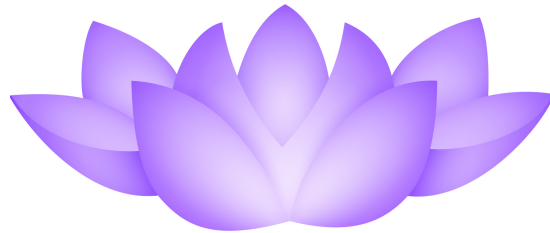
Sheng Zhen Gong

“The Qi Gong of Unconditional Love”

{ Relax the Body
Open the Heart
Elevate the Spirit }

Body & Soul is offering an introductory class to *Sheng Zhen Gong*. Participants will gain an understanding of qi and qi gong, plus learn *Awakening the Soul*, a short seated form suitable for all ages and ability levels. The soul is the vehicle of the spirit on this realm. The key to awakening the soul is opening the heart. With an awakened soul comes inspiration, courage and a sense of perfect well-being.

Edward Willey is a certified instructor of *Sheng Zhen Gong* and continues to study regularly with the founder, Master Li Jun Feng. Edward has over fifteen years of experience in martial arts, meditation, energy healing, yoga and qi gong. He is excited to be sharing the gift of *Sheng Zhen* with Santa Cruz.



Sunday January 20th

6:00 – 8:00 PM

Body & Soul – 738 Chestnut Street – Santa Cruz

Cost: \$20

For more information please call: 831/435-0611